

# Pollo Tropical® Lunch & Dinner Meal Suggestions, 21 Days to a new you!

**DAY 1**

**Dinner**  
 ¼ Chicken White w/o Skin  
 Guava BBQ Sauce  
 Corn  
 White Rice  
 Bottled Water

**Lunch**  
 Small Chicken TropiChop®  
 w/ White Rice & Black Beans  
 Lipton Brisk Diet Green Tea

*NOTE: Hold the Roll!*

1000 CALORIES  
75 G PROTEIN

**DAY 8**

**Dinner**  
 ¼ Chicken Dark w/o Skin  
 Spicy Amazon Sauce  
 Boiled Yuca w/ Mojo  
 Black Beans  
 Bottled Water

**Lunch**  
 Small Caribbean Chicken Soup  
 Mango or Strawberry Fruit only  
 TropiChiller® w/o Whipped Cream

*NOTE: Hold the Roll!*

1050 CALORIES  
42 G PROTEIN

**DAY 15**

**Dinner**  
 Half Chicken Caesar Salad  
 Bread Roll  
 Lipton Brisk Diet Green Tea

**Lunch**  
 ¼ Chicken White w/o Skin  
 Guava BBQ Sauce  
 Half Black Beans & White Rice  
 Diet Pepsi \* *NOTE: Hold the Roll!*  
 Save half the Rice & Beans for tomorrow's breakfast

*NOTE: Save half the Salad for tomorrow's lunch (ask for dressing on the side)*

695 CALORIES  
38.5 G PROTEIN

**DAY 2**

**Dinner**  
 ¼ Chicken Dark w/o Skin  
 Salsa  
 Balsamic Tomatoes  
 Caesar Salad  
 Bottled Water

**Lunch**  
 One Boneless Chicken Breast  
 Black Beans & Yellow Rice  
 Bottled Water

*NOTE: Save the 2nd Chicken Breast and the roll for tomorrow's breakfast*

*NOTE: Hold the Roll!*

915 CALORIES  
68 G PROTEIN

**DAY 9**

**Dinner**  
 One Boneless Chicken Breast  
 Pineapple Rum Sauce  
 Balsamic Tomatoes  
 Corn  
 Lipton Brisk Diet Green Tea

**Lunch**  
 Small Roast Pork TropiChop®  
 w/ Yellow Rice  
 Diet Pepsi

*NOTE: Hold the Roll!*

1020 CALORIES  
86 G PROTEIN

**DAY 16**

**Dinner**  
 Small Vegetarian TropiChop®  
 Bottled Water

**Lunch**  
 Half Chicken Caesar Salad  
 Bread Roll (use roll from Lunch on Day 15!)  
 Lipton Brisk Diet Green Tea

*HINT: load up on Salsa for big flavor with little calories*

1000 CALORIES  
50 G PROTEIN

**DAY 3**

**Dinner**  
 Chicken Quesadilla Salad  
 w/o Dressing  
 Bottled Water

**Lunch**  
 Small Chicken TropiChop®  
 Lipton Brisk Diet Green Tea

1260 CALORIES  
87 G PROTEIN

**DAY 10**

**Dinner**  
 Boneless Chicken Breast  
 Guava BBQ Sauce  
 Balsamic Tomatoes  
 Corn  
 Bottled Water

**Lunch**  
 Chicken Quesadilla Wrap  
 Caesar Salad  
 Diet Pepsi

*NOTE: Hold the Roll!*

1030 CALORIES  
86 G PROTEIN

**DAY 17**

**Dinner**  
 2 Boneless Chicken Breasts  
 Salsa  
 Black Beans & Yellow Rice  
 Bottled Water

**Lunch**  
 Chicken Caesar Wrap  
 Diet Pepsi

*NOTE: Hold the Roll!*

965 CALORIES  
91 G PROTEIN

**DAY 4**

**Dinner**  
 Full Chicken Caesar Salad  
 Lipton Brisk Diet Green Tea

**Lunch**  
 Caribbean Chicken Soup Large  
 Bread Roll  
 Diet Pepsi

990 CALORIES  
80 G PROTEIN

**DAY 11**

**Dinner**  
 ¼ Chicken Dark w/o Skin  
 Spicy Amazon Sauce  
 Corn  
 Boiled Yuca w/Mojo  
 Bottled Water

**Lunch**  
 Guava Pork BBQ Sandwich  
 Diet Pepsi

*NOTE: Hold the Roll!*

1100 CALORIES  
60 G PROTEIN

**DAY 18**

**Dinner**  
 Small Chicken TropiChop®  
 w/ Yellow Rice  
 Bottled Water  
 Flan - Yes! You can treat yourself!

**Lunch**  
 Chipotle Chicken Sandwich  
 Diet Pepsi

1020 CALORIES  
64 G PROTEIN

**DAY 5**

**Dinner**  
 One Boneless Chicken Breast  
 Balsamic Tomatoes  
 Corn  
 Bottled Water

**Lunch**  
 Guava Pork BBQ Sandwich  
 Bottled Water

*NOTE: Save the remaining Chicken Breast and Roll for tomorrow's breakfast*

810 CALORIES  
62 G PROTEIN

**DAY 12**

**Dinner**  
 Chicken Fajita w/ Fixings  
 Black Beans & White Rice  
 Half Serving  
 Diet Pepsi

**Lunch**  
 Chicken Caesar Wrap  
 Diet Pepsi

*NOTE: Split with friend, or save half for tomorrow*

935 CALORIES  
59 G PROTEIN

**DAY 19**

**Dinner**  
 Caribbean Ribs - ¼ Rack  
 Regular Yellow Rice  
 Lipton Brisk Diet Green Tea

**Lunch**  
 Classic Chicken Sandwich  
 Diet Pepsi

*NOTE: Hold the Roll!*

925 CALORIES  
53 G PROTEIN

**DAY 6**

**Dinner**  
 ¼ Chicken White w/o Skin  
 Pineapple Rum Sauce  
 Boiled Yuca w/o Mojo  
 Black Beans  
 Bottled Water

**Lunch**  
 Classic Chicken Sandwich  
 Diet Pepsi

*NOTE: Hold the Roll!*

1090 CALORIES  
83 G PROTEIN

**DAY 13**

**Dinner**  
 Small Chicken TropiChop®  
 w/ White Rice & Black Beans  
 Lipton Brisk Diet Green Tea

**Lunch**  
 Roasted Pork w/ Grilled Onions  
 Caesar Salad  
 Balsamic Tomatoes  
 Bread Roll  
 Bottled Water

1280 CALORIES  
87 G PROTEIN

**DAY 20**

**Dinner**  
 ¼ Chicken White w/o Skin  
 Salsa  
 Balsamic Tomatoes  
 Curly Fries - Yes! Indulge!  
 Bread Roll  
 Bottled Water

**Lunch**  
 Small Chicken TropiChop®  
 w/ Yellow Rice  
 Diet Pepsi

925 CALORIES  
70 G PROTEIN

**DAY 7**

**Dinner**  
 ¼ Chicken Dark w/o Skin  
 Salsa  
 Half Black Beans & White Rice  
 Bottled Water

**Lunch**  
 Small Vegetarian TropiChop®  
 Lipton Brisk Diet Green Tea

*NOTE: Hold the Roll! Save half the Rice & Beans for tomorrow's breakfast*

990 CALORIES  
49 G PROTEIN

**DAY 14**

**Dinner**  
 Large Caribbean Chicken Soup  
 Half Regular White Rice  
 Diet Pepsi

**Lunch**  
 Chicken Quesadilla Wrap  
 Caesar Salad  
 Bottled Water

*NOTE: Save half the White Rice for tomorrow's breakfast*

935 CALORIES  
52 G PROTEIN

**DAY 21**

**Dinner**  
 Chicken Fajita w/ Fixings  
 No Beans and Rice  
 Diet Pepsi

**Lunch**  
 Small Caribbean Chicken Soup  
 Half Regular White Rice  
 Bottled Water

985 CALORIES  
65 G PROTEIN